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Watch unto Prayer :
O R,
CONSIDERATIONS,
For all who Profess

They believe in the LIGHT,
To see whether they walk in the
Light, without which they cannot
become the Children of it.

By *John Bellers.* K

I John 1. v. 7. *But if we walk in the Light, as he is in the Light, we have Fellowship one with another, and the Blood of Jesus Christ, his Son, cleanseth us from all Sin.*

Gal. 16. v. 15. *For in Christ Jesus neither Circumcision availeth any thing, nor Uncircumcision, but a New Creature.*

V. 16. *And as many as walk according to this Rule, Peace be on them, and Mercy, and upon the Israel of God.*

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Watch unto Prayer, &c.

Watching is as Needful to the Soul as Breathing is to the Body : Every Quickning of the Soul to God, gives it a Disposition to Watchfulness, as much as the Body, recovering out of a Swoon, is disposed to Breathe.

As Breathing, whilst living, is inseparable from the Body : So Watching is inseparable from the Soul, whilst it lives towards God.

Watching is to be spiritually Minded, which is Life and Peace ; but when-ever the Mind ceaseth to Watch, it becoms Sensual, or Earthly, which tends to Death.

Watchfulness is the great Preparation of the Soul, in order To
bring every Thought into Captivity to

the Obedience of Christ, 1 Cor. 10. v. 11.

And he that Thinks no Evil, will be sure to Act none : Such Watchfulness being the true Walking in the Light, by which all the Wiles of the Enemy are discovered, and consequently the Soul is inspired with immediate Prayer to God for Deliverance ; though, possibly, but with Sighs and Groans that cannot be uttered : And as the Enemy may be sudden with his Temptations, the Lord is ready to Deliver ; which makes the Soul that is watchful and sensible of them, as ready to Praise God for his Favours, as he was to pray for them.

This is to have Conversation in Heaven : A sincere Man (upon his Watch) tho' his Body stands upon the Earth, yet his Soul reaches unto Heaven, where are the Spirits of just Men and Angels, and where God is the Judge of all.

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As Watching is a Duty, whilst the Soul is labouring against its Evil Inclinations, that it may avoid the Punishment that followeth them: So as a Man comes to attain more of the Sense of the Love of God upon his Soul, Watchfulness will be his Delight; for as he comes to be weaned from the World, and enamour'd with the Love of God, he is ready to say, Lord, let me always dwell here; which is a greater Happiness and Satisfaction, than to dwell in the Palace of Princes without it.

One thing I would observe, for any that may be concerned, That tho' the Reproof of Instruction is the way to Life; yet, if a Man professeth Belief in the Light, and will not, by Watching, take any notice of it, until it Reproves him, he will greatly hazard his Salvation; none being reprov'd by it, until after they have disobey'd it;

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and he that being often reprov'd,
and stiffens his Neck, is nigh unto
sudden Destruction : But he that
will keep steady his inward Watch
unto Prayer, as he will avoid the
occasion of Reproof, so will he
possess his Soul in Peace, with a
Serene Mind, and an Understand-
ing Heart.

Any visible Action may have
some sinister End ; as for Reputa-
tion or Profit, &c. but the Regu-
lation and Well-Governing of the
Mind, must be for God's sake,
he only knowing the Thoughts :
Therefore, He that Governs his
Mind right, is the only sincere
Man ; whereas he that keeps not
a Watch upon the Thoughts of
his Heart, is much out of his way :
For tho' he should Imitate the best
of Forms, he is but of the outward
Court ; it being impossible to Wor-
ship God in the *Beauty of Holiness*,
with an irregular Mind.

For

For if it is not first prepared by a due Watchfulness out of Meetings, and by it reduced to the temper of good Ground, but that the Mind by Unwatchfulness is left as the stony, thorny or high-way Ground, that Man will be much indisposed for the Worship of God, when he comes into a Meeting.

He that lets his Mind be ungoverned out of Meeting, cannot set it so right as it should be, when he comes into One: And such as get not forward in their Spiritual Journey, when in Meetings, it's certain they will go backward, when out of them.

Let the Wicked forsake his Ways, and the Unrighteous Man his Thoughts, and let him return unto the Lord, and he will have Mercy upon him: As much as if he had said, Until they forsake their Unrighteous Thoughts, I will
not

not Accept their Worship; nor Hear their Prayers. Good Actions recommends one Man to another; but it's a good Mind which recommends Men to God.

Only hearing the best Preachers, is not Worshipping of God; they stir up the pure Mind, by way of Remembrance, whilst they declare that the Spiritual Worshipping of God, in the Mind and Soul, is the true Worship which he Accepts; and without the Soul perform this VVorship, the most lively Testimonies, to him, are but as the Musick of a well-tun'd Instrument, or as the Harmony of a lovely Song.

A bare turning the Thoughts of the Mind Inward, when one comes into a Meeting (without it be prepared by VVatchfulness) is not the true Spiritual VVorship : For as out of the Heart comes the Issues of Life; so doth the Issues of Death also; such as Lust, Adultery, Anger,

ger, Murther, &c. which, if not subdu'd in VVatchfulness, makes the Heart but a Den of Darknes; and if the Light in thee be Darknes, How great is that Darknes?

But he that VVatches in the Light, over all his Thoughts, it will lead him to the *New Jerusalem* (from whence it Shines) where the Lord God and the Lamb are not only the Light thereof; but also the Temple to VVorship in: But nothing that defiles can enter there; and yet the Gate stands always open to such as VValk in the Light, but to none that VValk in Darknes (or Evil Thoughts) because there is no Night there.

Several Scriptures which shew the Necessity of Watching.

Matth. 24. **W**atch therefore, for
v. 42. ye know not what
Hour your Lord doth come.

Matth. 26. v. 41. Watch and Pray,
that ye enter not into Temptation.

Mark 13. v. 37. And what I say
unto you, I say unto all, Watch.

Luke 12. v. 37. Blessed are those
Servants, whom the Lord, when he
cometh, shall find Watching.

Luke 21. v. 37. Watch ye there-
fore, and Pray always, that ye may be
accounted worthy to escape all these
things that shall come to pass.

Ephes. 6. v. 18. Praying always,
with all Prayer and Supplication, in
the Spirit, and Watching thereunto
with all Perseverance, and Supplication
for all Saints.

Coloss.

Coloff. 4. v. 2. Continue in Prayers, and watch in the same with Thanksgiving.

1 Pet. 5. v. 8. Be Sober, be Vigilant ; because your Adversary the Devil, as a roaring Lion, walketh about seeking whom he may devour.

Rev. 3. v. 2. Be Watchful, and strengthen the things which remain, that are ready to Dye.——V. 3.——If therefore thou shalt not Watch, I will come on thee as a Thief, and thou shalt not know what Hour I will come upon thee.

F I N I S.

*Several Books Printed and Sold by
T. Sowle, written by John Bellers.*

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ons of the Mind ; but more particularly
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my to the Soul, by making of it unfit
for the Presence of God, and unable to
Enter the Kingdom of Heaven.

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